

Step out and join our health walks

Broadway Health Walks

When: 1st, 2nd, 3rd and 5th Tuesday of the month at 10.00am

Where: Standerwick Orchard Village Green, Broadway

When: 4th Tuesday of the month at 10am

Where: Tesco's Entrance, Princinct, Ilminster

Length of walk: 75-90 minutes

Description: Mixture of roadway and countryside routes

Anyone for coffee? Some routes include an optional coffee shop either during (usually Monks Yard, Horton Cross) or at the end of the walk (Meeting House, Ilminster or the Five Dials, Horton)

Leader: Vera Pharaoh

Contact: 07980 015788

Email: vjlpharaoh@gmail.com

Castle Cary Health Walk

When: 1st and 3rd Thursday of the month at 2pm

Where: Market House, Castle Cary

Length of walk: Around 60 minutes

Description: Walks last around an hour and are followed by a cup of tea at the Market House. Gentle walk at an easy pace, along pavements and surfaced footpaths around Castle Cary and Ansford.

Leader: Laura Tilling

Contact: 01963 351461

Email: tilinglaura@gmail.com

Bruton Health Walk

When: Thursdays at 10am

Where: The Green at Churchbridge

Length of walk: 40 minutes

Description: Generally flat, covering a mixture of pavement and fields in dry weather. Please wear suitable footwear.

Leader: Pauline Wills

Contact: 01749 850650

Email: paulinewills365@gmail.com



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Crewkerne Health Walk

When: Tuesdays at 9.30am

Where: Crewkerne Aqua Centre

Length of walk: 90 minutes

Description: Mixture of pavement and countryside routes. Every 3rd Tuesday of the month the group uses the Community Bus plus some cars to walk in the areas surrounding Crewkerne.

Anyone for coffee? Members of the group often have a coffee together in a cafe after the walks, especially on the away walks.

Leader: Sue and Mike Frackiewicz

Contact: 07761 441453

Email: suefrack@btinternet.com

Cury Rivel Health Walk

When: Starting on 7th April 2021 on the 1st and 3rd Wednesday of the month at 10:30am

Where: The Green, Curry Rivel (parking available near The Green)

Length of walk: 2 miles

Description: Walks are generally flat, covering a mixture of urban terrain and fields in dry weather.

Leader: Andrew Jordan

Contact: 01458 250725

Henfod Lodge Medical Centre Yeovil Health Walk

When: Thursdays at 2pm

Where: Ninesprings Cafe, Yeovil

Length of walk: 1 hour to 1 hour 30 mins

Description: Meet outside Ninesprings coffee Shop wearing appropriate clothing and foot wear for the walk. Dogs should be on leads, wheelchairs and push chairs welcome. **This walk is for Hendford Lodge MC Patients only*

Leader: Health Coaches

Contact: 01935 470200

Ilminster Health Walk

When: Tuesdays at 10am

Where: The Meadows Surgery, Canal Way, Ilminster, TA19 9FE

Length of walk: 90 minutes

Description: Walks may be off road, on fields, woods and tracks so please wear suitable footwear.

Leader: Brian Hamilton

Email: notlimahjb@hotmail.com

Ilminster Evening Health Walk

When: Thursdays (summer only) at 6.30pm

Where: The Stonemasons Arms, The Dolphin Inn or The Royal Oak, all in Ilminster (see Facebook for details or contact Brian).

Length of walk: 90 minutes

Description: Walks may be off road, on fields, woods and tracks so please wear suitable footwear.

Leader: Brian Hamilton

Email: notlimahjb@hotmail.com

Ilminster Buggy Walk

When: Thursdays at 9.45am

Where: The Meadow Surgery, Canal Way, Ilminster, TA19 9FE

Length of walk: 60 - 90 minutes

Description: Everyone welcome.

Leader: Katie Wilkinson

Email: k27wilko@hotmail.com

Ilminster Short Health Walk

When: Mondays at 10am

Where: The Meadows Surgery, Canal Way, Ilminster, TA19 9FE

Length of walk: 60 minutes

Description: Walks are mainly on footpaths and as flat as possible. Suitable for beginners or people with health issues. Also suitable for buggies.

Leader: Brian Hamilton

Email: notlimahjb@hotmail.com



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Langport Monday Health Walk

When: 2nd & 4th Monday of the month at 10.45am.

Where: Meeting at the Information board behind the Library.

Leader: Lynn Wheller

Contact: 01823 490318

Email: lynnwheller@gmail.com

Langport Sunday

Health Walk

When: 1st and 3rd Sunday of the month at 11am

Where: The Black Swan, Langport

Length of walk: 75 - 90 minutes

Description: Mixed terrain but not too challenging. Just turn up in weather appropriate clothing and footwear

Leader: Shirley Robinson

Contact: 01458 251437

Martock Wellbeing

Health Walk

When: 4th Friday of the month at 10.30am

Where: The Precinct, Moorland Shopping Centre

Length of walk: short

Description: Everyone welcome for a friendly and social walk, accessible for disability. A short and slow starter health walk around Martock.

Leader: Naomi

Contact: 07539754413

Martock Wellbeing

Health Walk

When: 2nd Tuesday of the month at 10.30am at

Where: Martock Recreation Ground

Length of walk: Short

Description: Everyone welcome for a friendly and social walk, accessible for disability. A short and slow starter health walk around Martock.

Leader: Naomi

Contact: 07539754413

Martock Health Walk

When: 3rd Friday of the month at 9.30am

Where: The Precinct (Moorland Shopping Centre, Martock)

Leader: Maggie

Contact: 01935 824252.

Martock Hares Walk

When: 1st Friday of the month at 9.30am

Where: The Precinct (Moorland Shopping Centre, Martock)

A longer and faster walk covering 3 or 4 miles lasting 60 to 90 minutes

Leader: Paul

Contact: 07903904415 or paul@heyler.me.uk

Merriott Health Walk

When: 2nd Thursday of the month at 10.30am

Where: ARK at Egwood, Merriott, Somerset TS16 5QN

Description: Everyone welcome for a friendly and social walk. A circular walk, starting and finishing at ARK, with tea, coffee and biscuits on return.

Leader: Jackie Parsons

Contact: 07974658782

Milborne Port Health Walk

When: Mondays at 10am

Where: East Street car park, Milborne Port

Description: Everyone welcome for a friendly and social walk covering a mixture of pavement and countryside routes.

Leader: Sally Oxford

Contact: 01963 250334

Queen Camel Health Walk

When: Friday at 10.30am

Where: The Old School Café Queen Camel

Length of walk: 30 - 60 minutes

Description: A walk in and around Queen Camel and the surrounding villages.

Leader: Julia Guy

Contact: 01935 462462

Email: Julia.Guy@southsomerset.gov.uk



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Ryalls Park Medical Centre Health Walk

When: Tuesdays at 10.30am

Where: Westfield Community Centre,
Coronation Avenue, next to St. Peter's Church.

Length of walk: 60 minutes

Description: We walk for an hour, with a variety of routes, which are along level pavements around Yeovil. We walk at a good pace but can accommodate different abilities, as we have two or three support staff.

Leader: Fran Stephens, Julie Furniss & Karen Robinson

Contact: 01935 434000

Email: Somccg.healthcoaches-rpmc@nhs.net

Somerton Health Walk

When: Thursdays at 11am

Where: Somerton Library

Length of walk: 60 minutes

Description: A mixture of pavement and countryside routes, please bring appropriate footwear, such as walking boots.

Anyone for coffee? Optional. At the end of the walk we visit a local pub for refreshments.

Leader: Mo Fletcher

Contact: 01458 274631

Email: Fletcher080@btinternet.com

South Petherton Wednesday Health Walk

When: 1st & 3rd Wednesday of the month
at 2.30pm

Where: South Petherton Medical Centre

Length of walk: 60 - 90 minutes

Description: Walks are mainly flat but some of the terrain may be muddy or uneven. Please wear sensible footwear.

Leader: Angie Kinsey

Contact: 01460 240707

South Petherton Saturday Health Walk

When: 10am. Every 5th Saturday.

Where: South Petherton Medical Centre

Length of walk: 60 - 90 minutes

Description: Walks are mainly flat but some of the terrain may be muddy or uneven. Please wear sensible footwear.

Leader: Angie Kinsey

Contact: 01460 240707

Stoke Sub Hamdon Health Walk

When: 2nd and 4th Monday of the month at 10.30am (not on bank holiday Mondays, when the dates are 2nd and 3rd Monday of that month)

Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon

Length of walk: 60 - 90 minutes

Description: Mixture of roadway and countryside routes

Contact: 01935 823 868

Email: anneashlee10@gmail.com

Stoke Sub Hamdon 'Every step counts' Health Walk

When: 2nd and 4th Mondays of the month at 10.30am (not on bank holiday Mondays, when the dates are 2nd and 3rd Monday of that month)

Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon

Length of walk: 30 - 40 minutes

Description: Village walks on pavements and footpaths. Walks help to build confidence, stay healthy and increase mobility. Please wear suitable comfortable shoes.

Contact: 01935 823868

Email: anneashlee10@gmail.com



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Tatworth Health Walk

When: Mondays 6.30pm (not in Winter, please contact the Walk Leader to confirm dates)

Wednesdays at 10am

Where: The Memorial Hall, Kents Lane,
TA20 2QW

Length of walk: 60 - 90 minutes

Description: Walks will mainly be on paths, but comfortable footwear recommended as it may be muddy. Walks will finish at the hall where Wendy's Kitchen (Weds walk) should be open for refreshments.

Leader: Rick Chubb/Jonathan Coates/Don Gibbs

Contact: 01460 221013 / 01460 394727 /
01460 351489

Yeovil Level Health Walk

When: Tuesdays at 2pm

Where: The Gateway Cafe, Yeovil

Walk length: 30 - 45 minutes

Description: Level walking on easy footpaths in Yeovil Country Park and the surrounding area.

Anyone for coffee? The group go to the Gateway Café for a drink.

Leader: Ian and Shirley Holloway

Contact: 07876 655556

Email: ianh7062@gmail.com

Yeovil Health Walk

When: Tuesdays at 2pm

Where: The Gateway Cafe, Yeovil

Walk length: 60 - 90 minutes

Description: Town and countryside footpaths in Yeovil Country Park and the surrounding area, routes may be hilly.

Leader: Ian and Shirley Holloway

Contact: 07876 655556

Email: ianh7062@gmail.com



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